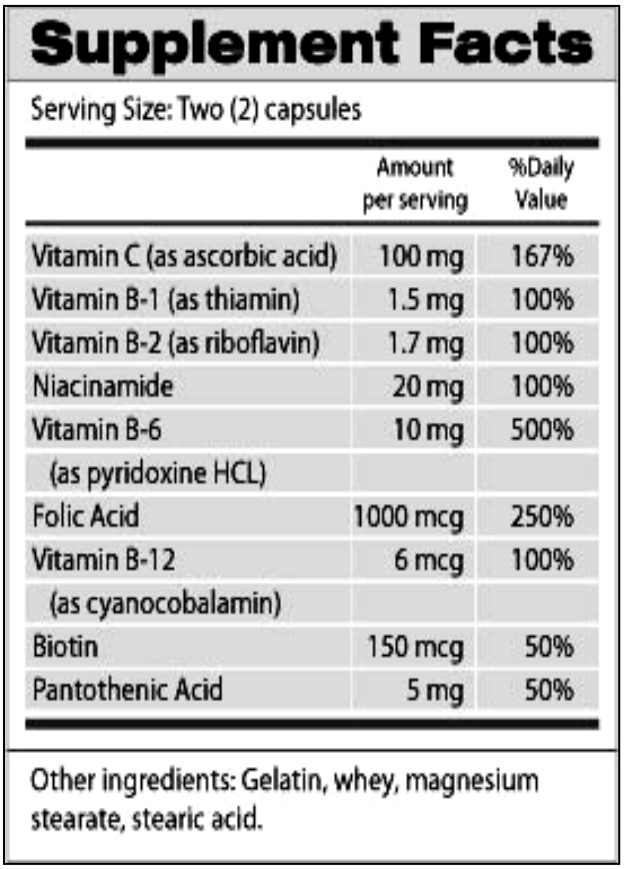
Instructions for Using the Adult MVM Calculator

Use the label information from the supplement container to enter the specific ingredient amount per serving (not the % Daily Value).



Supplement Facts

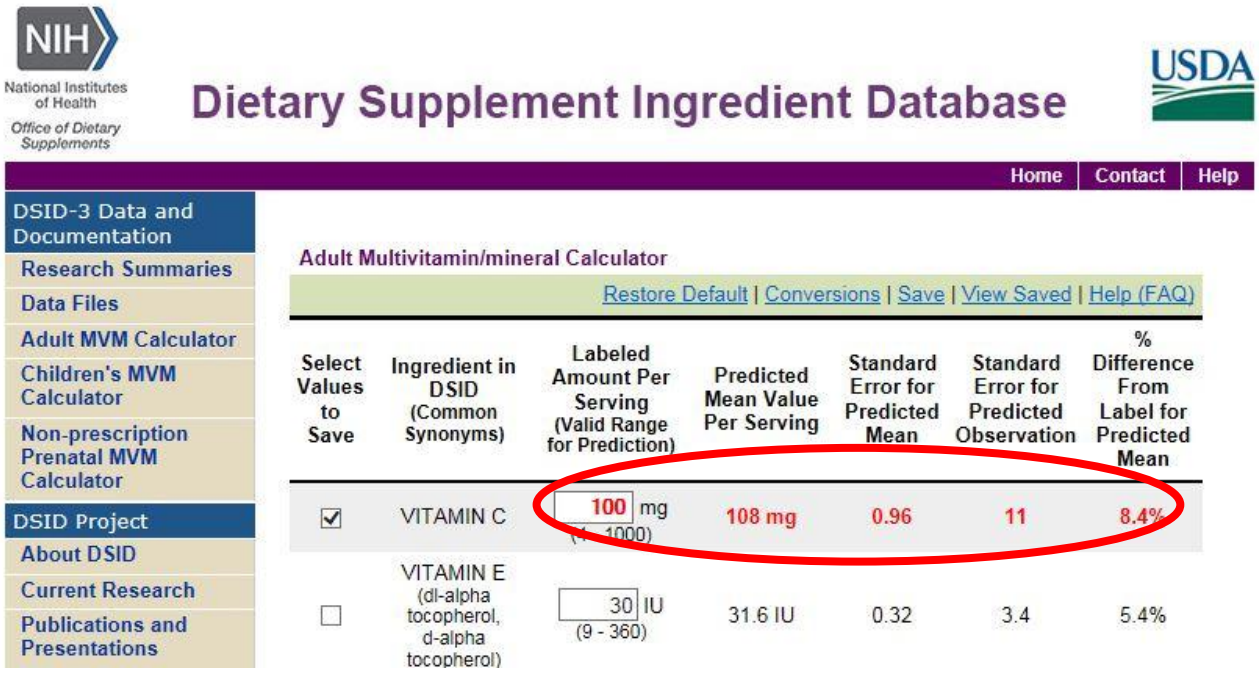
Serving Size: Two (2) capsules

	Amount per serving	%Daily Value
Vitamin C (as ascorbic acid)	100 mg	167%
Vitamin B-1 (as thiamin)	1.5 mg	100%
Vitamin B-2 (as riboflavin)	1.7 mg	100%
Niacinamide	20 mg	100%
Vitamin B-6	10 mg	500%
(as pyridoxine HCL)		
Folic Acid	1000 mcg	250%
Vitamin B-12	6 mcg	100%
(as cyanocobalamin)		
Biotin	150 mcg	50%
Pantothenic Acid	5 mg	50%

Other ingredients: Gelatin, whey, magnesium stearate, stearic acid.

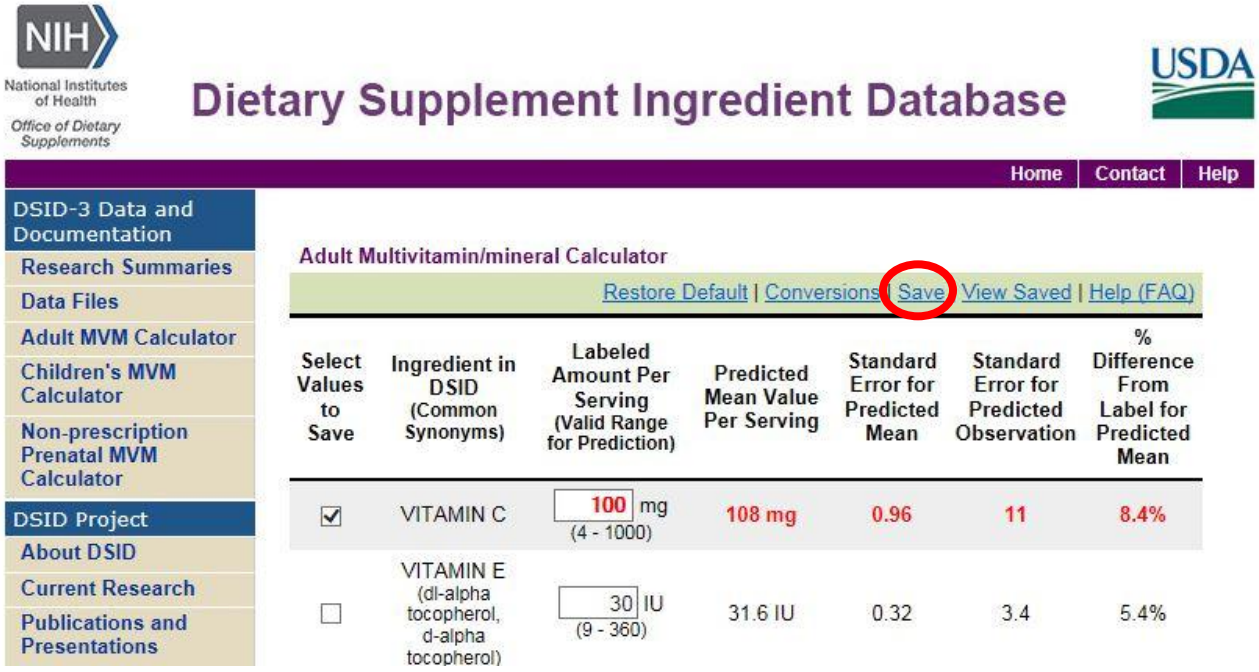
The calculator screen will show a default number for each ingredient for adult MVMs, indicating the most common labeled level and its predicted mean level, calculated using the regression equation for that ingredient. Also calculated are the standard errors for the mean and for an individual observation and the percent difference from label for the mean prediction. All of these are per serving values. For more information about the statistical evaluation of adult MVM data, see the *Adult MVM Research Summary* on the DSID website.

1. Enter values for any or all 18 ingredients within the range listed below each box. Press the 'tab' key on your keyboard or click outside the box to view entered data. Your calculated results, including your entered data, will appear in **red**.

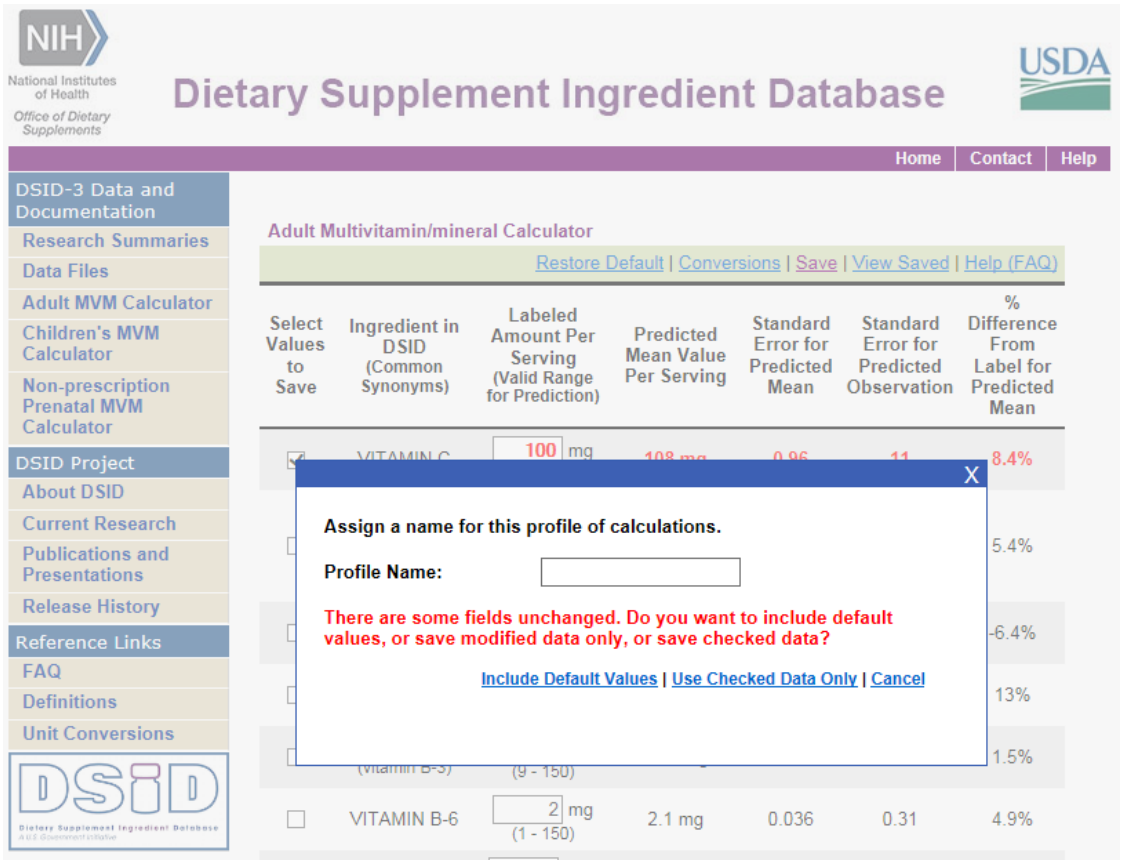


NOTE: If the values entered are outside the range indicated in the brackets, then a message which says “Outside Range” will appear.

2. Select the ‘Save' link near the top of the page.

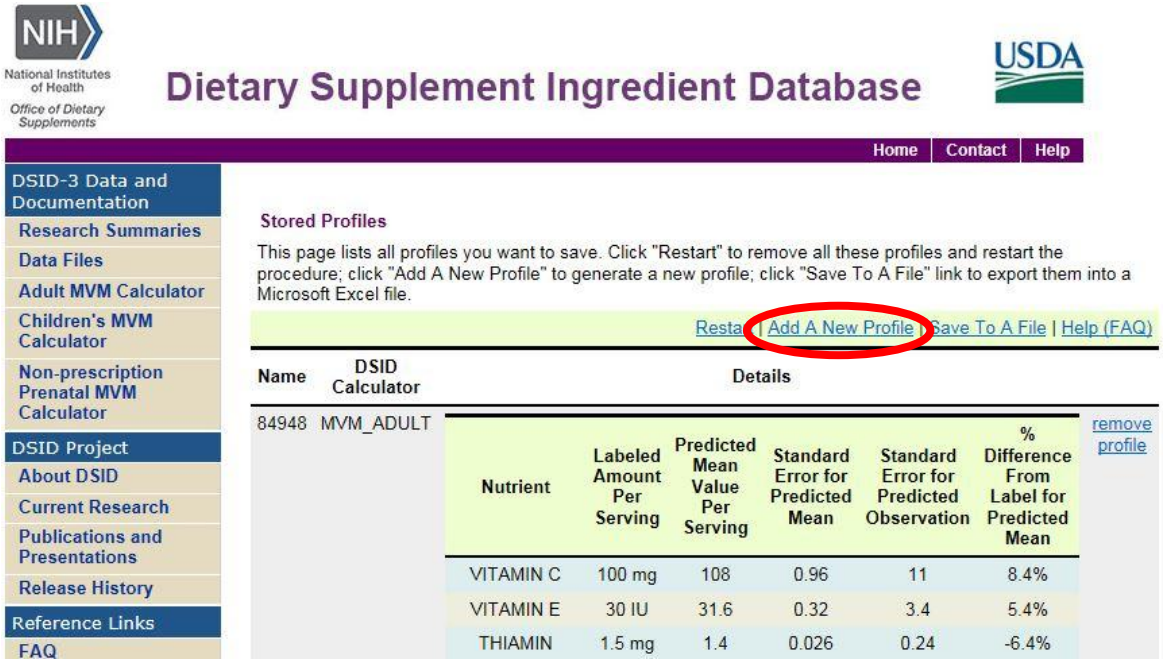


3. Assign a profile name to each set of calculations.

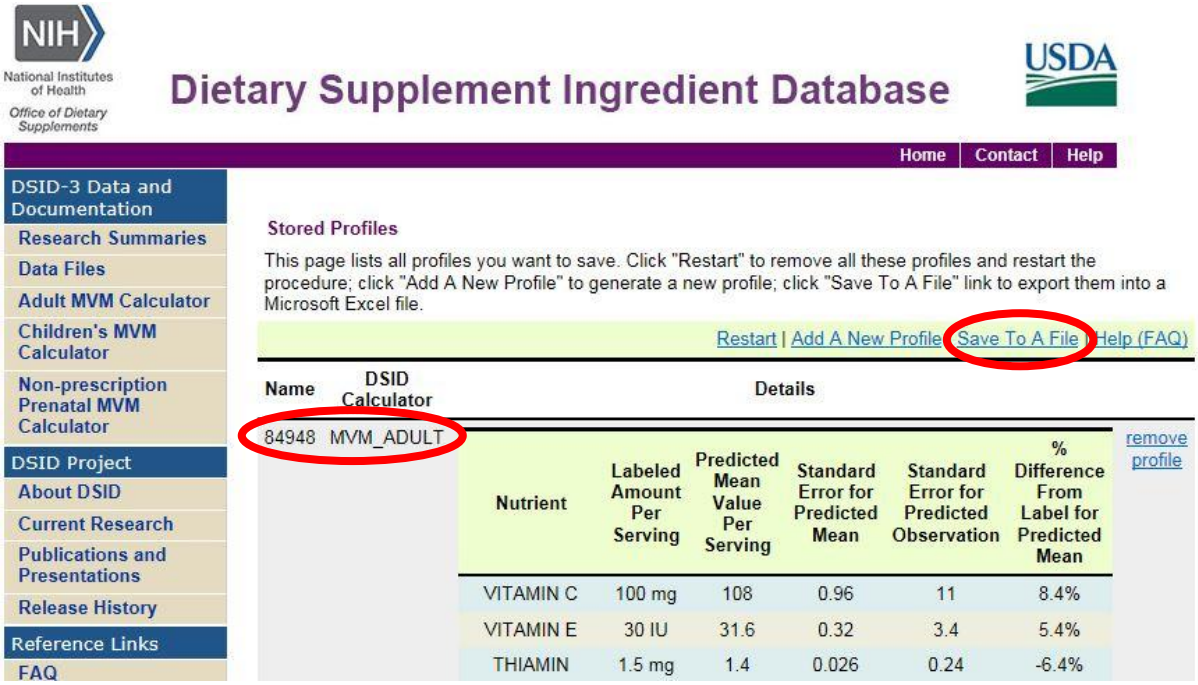


4. Choose either 'Include Default Values' (to include the original values shown on the data entry screen plus the data you changed) or ‘Use Checked Data Only' (to include only the data you changed) to save your profile.

5. To add additional profiles to the same file, select 'Add a New Profile' above the columns on the review page. Profiles from all DSID calculators can be saved in one file if desired. **[NOTE**: In order to save these files onto your computer, your browser security settings must be configured to allow cookies.**]**



6. In the next window, view your results and save them as an Excel file (.xls) by selecting ‘Save To A File’ and filling in the name of your file.



7. To open a saved file, go to the directory on your computer (in Windows, probably in the My Documents directory) where the file was saved and open using Microsoft Excel. Once the file is saved, it can be manually modified and sorted.

NOTE: Predictions generated from the MVM Nutrient Calculators are estimates and are valid only for interpretation as indicated in the DSID documentation.